



**Week ending issue: March 4, 2016 – Issue # 285**

## **Policy**

### **Policy from the WIC State Operations Policy and Procedure Manual – Policy 410.20 Nutrition Education Costs**

A minimum of 20 percent of nutrition services and administrative funds must be used for nutrition education, including three percent of total funds for breastfeeding promotion and support activities. To ensure that these standards are met, the state WIC office identifies in the annual budget the projected costs that qualify. As these costs are incurred and assigned to their appropriate cost center, they are labeled with special expenditure codes.

Agency contracts stipulate that a minimum of 20 percent of contract funding is to be for nutrition education and breastfeeding promotion purposes. Each agency's budget stipulates allowable costs in each functional category. Guidelines are provided which explain allowable nutrition education costs, including personnel costs for time spent on nutrition education, travel, costs of procuring and producing nutrition education materials, and nutrition education training (see Policies 315.40, 315.41, 315.43, and 315.43a).

Agencies document monthly expenditure reports detailing costs in all four cost areas. These reports, as well as costs incurred by the state staff, are monitored by the WIC Program Planner to insure compliance with the nutrition education and breastfeeding cost requirements.(Policy 315.43).

## **Information**

### **Participant Centered Services:**

#### **Tips for Setting Goals:**

Specific goals give a clear picture of what the outcome should be. Start by asking what change the participant wants to see and why it is important. That answer will help you identify the core of the goal. A general goal would be, "eat more fruits and vegetables." A more specific goal would be, "eat 3-5 fruit/veggies daily, one with each meal/snack." Specifying the number of servings and times per day makes it clear and simple.

## Thank you of the Week:

## eWIC Focus Update

### Agencies Currently Using eWIC/Focus

Marion County Public Health  
Broadlawns  
Johnson County Public Health  
Mid-Iowa Community Action

### eWIC Ready Vendor List

The e WIC Ready Vendor List is a document that shows which stores are eWIC ready throughout Iowa. Participants who have an e WIC card can use their card at the stores listed on this document. It also shows which stores are integrated and which use stand beside systems. This document can be found on the WIC Web Portal under the Training section and on the WIC website under the eWIC section. This list will be updated every Monday. Please let participants know where this document can be found and when they can check the document for updates.

### Precertification

Benefits can only be issued to a precerted infant or pregnant woman the month that the infant or pregnant woman is precerted. For example: A precertification form is received by your agency on March 30<sup>th</sup>. The participant wants to come in and pick up the formula benefits on April 1<sup>st</sup>. If you precertify the infant at the end of March and try to issue benefits in April, the system will not allow you to do this. It will ask you to complete a new certification. You need to wait to precertify the infant until the family comes in on April 1<sup>st</sup>. You will also need to ensure that the infant is still less than 2 weeks of age.

## Find us on Facebook-



<https://www.facebook.com/IowaWIC>

## Training

### ***“Save the Date”* for an upcoming breastfeeding training in Mason City** **Breastfeeding Education for Iowa Communities Training**

The program flyer for this training will be included in a future issue of the Friday Facts when it becomes available.

Sponsored by North Central Iowa Breastfeeding Coalition  
Tuesday, June 7, 2016  
8:30-3:00; lunch on your own  
North Iowa Area Community College, Mason City, IA  
Dietetic CEUs will be available  
Nursing CEUs available for additional \$12  
Fee: \$35 per person

### **CEU Opportunity**

If you are a Nurse or Dietitian in need of CEU's see the flier at the end of this edition of Friday Facts for the Healthy Lifestyles Conference hosted by the partners of the Southeast Iowa Regional Coalition for Lifestyle Enhancement.

### **Educational Opportunity (CEU)**

The Nutrition Services Branch in collaboration with UNC – Chapel Hill is pleased to announce that Module 1: Nutrition Assessment of the Pediatric Nutrition Course (PNC) will be offered again in 2016. This is an online, faculty guided, self-paced course of about 25 hours to be completed between January 19, 2016 and March 28, 2016. The goal of this course is to provide nutritionists with the knowledge and skills needed to improve the nutritional health of the pediatric population. Module 1 is designed to improve knowledge and skills specifically in the area of nutrition assessment. It is ideal for new employees in public health nutrition, nutritionists who are new to pediatrics and those who want to broaden their pediatric knowledge base.

Module 1 Nutrition Assessment consists of the following six topics:

- Unit 1: Anthropometrics
- Unit 2: Biochemical
- Unit 3: Clinical
- Unit 4: Food and Nutrition History
- Unit 5: Eco Social Factors
- Unit 6: Psychosocial Factors

This course has been approved by the Commission on Dietetic Registration – Academy of Nutrition and Dietetics for 19 CPEUs - Level 1 for Registered Dietitians (RDs), Registered Dietitian Nutritionists (RDNs), Nutrition and Dietetics Technicians, Registered (NDTRs) and Dietetic Technicians, Registered (DTRs). For all others, 2.0 Continuing Education Units will be awarded from the Friday Center for Continuing Education at the University of North Carolina at Chapel Hill.

Fees: The course fee is \$50 for public health nutrition personnel in North Carolina Local Health Agencies and pediatric nutritionists in Children's Developmental Services Agencies (CDSAs). The course fee is \$100 for all other applicants, including those who reside outside of the State of North Carolina. Enrollment is limited, and participants will be taken on a first-come, first-serve basis.

An orientation webinar is scheduled for Tuesday, January 12, 2016 from 11 am – 12 pm with fully enrolled students to provide an overview and demonstration of the online course. This live orientation webinar will be recorded for those who are unable to attend.

<b>March:</b>  No NETC this month
<b>May:</b>  No NETC this month
<b>July:</b>  NETC Webinar (All new staff) – July 14, from 8:30-11:30 NETC Webinar (Health Professional) – July 21, from 8:30-11:30 NETC Webinar (Support Staff) – July 28, from 8:30-11:30
<b>September:</b>  NETC Webinar (All new staff) – September 15, from 8:30-11:30 NETC Webinar (Health Professional) – September 22, from 8:30-11:30 NETC Webinar (Support Staff) – September 29, from 8:30-11:30
<b>November:</b> ***Please note the dates in November***  NETC Webinar (All new staff) – November 10, from 8:30-11:30 NETC Webinar (Health Professional) – November 16, from 8:30-11:30 NETC Webinar (Support Staff) – November 17, from 8:30-11:30

### Dates to Remember-

- Infant/Child Workshop- August 2, 2016
- WIC Contractor Meeting- August 30, 2016
- Communication and Rapport Workshop- October 26, 2016

Note: Due to state-wide rollout of eWIC the Breastfeeding and Maternal Core Workshops will not be held this year. Instead, CPA/Non CPA Health Professionals hired between March 2015 and March 2016 and any other CPA/Non CPA Health Professional who hasn't yet attended one (or both) of these workshops must complete the designated substitute module(s) found under Core Training Workshops on the Personnel section of the Training page on the WIC Web Portal. Before beginning the module(s) please see the "Preamble to the 2016 Breastfeeding

and Prenatal & Postpartum Nutrition Modules” (also located on the web portal) for more information before starting the module(s).

### Available Formula-

Product	Quantity	Expiration Date	Agency	Contact
Vivonex T.E.N.	60- 2.84 oz. packets	11/2016	State WIC Office	Nicole Newman 515-281-4545
Peptamen Junior 1.5 Cal	114 – 250 ml containers	3 – 6/2016	HACAP	Angela Munson 319-366-7632
Enfaport	17 – 6 packs of 6 oz. containers	4/1/16	HACAP	Angela Munson 319-366-7632
Complete Amino Acid Mix	1 can	10/21/2017	Mid-Iowa Community Action	Sierra Steven 515-232-9020, ext. 105
Keto Cal 3:1, 11 ounce unflavored powder	25 containers	8 containers <u>Expire: 9/4/2016;</u> 2 containers <u>Expire: 6/1/2016;</u> 14 containers <u>Expire: 5/10/2016;</u> 1 container <u>Expires: 4-16-2016.</u>	HACAP	Angela Munson 319-366-7632

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- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

- (2) Fax: (202) 690-7442; or  
(3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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# Healthy Lifestyles Conference

**Wednesday, April 27, 2016**  
**Comfort Suites**  
**Burlington, Iowa**  
**8:00am - 4:30pm**

## **Featured Speakers:**

**Ellyn Satter Institute**  
**Sue Clarahan, RD, LD, CEDRD**

Registration: \$75 postmarked by April 22

CEUs available for Nurses and Dietitians

For more information or to download  
a brochure please call: (319)753-0193  
or visit [www.leecountyhd.org](http://www.leecountyhd.org), "Special  
Events" section



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Healthy Lifestyles Conference



The Healthy Lifestyles Conference is sponsored by  
the partners of the Southeast Iowa Regional  
Coalition for Lifestyle Enhancement.